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## **CLAIMS**

1. A method of producing polymer foam, comprising:

heating a polymer resin to a melt temperature therefor;

selecting at least one blowing agent consisting of at least one ambient gas;

combining the heated polymer resin with the at least one blowing agent to create a mixture; and

extruding polymer foam from the mixture comparable in quality to that obtainable with hydrocarbon blowing agents.

- 2. The method of claim 1, wherein the extruding comprises guiding the mixture through an exiting channel to an exit with a cross-sectional area larger than at least one point within the exiting channel.
- 3. The method of claim 2, wherein the cross-sectional area of the exit is at least about twice as large as that of the at least one point.
- 4. The method of claim 2, wherein the extruding further comprises reducing friction within at least a portion of the exiting channel.
  - 5. The method of claim 4, wherein the exiting channel comprises a first portion from an entrance to a point having a smallest cross-sectional area and a second portion from the point having the smallest cross-sectional area to the exit, and wherein the reducing comprises controlling a temperature of the second portion.

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- 6. The method of claim 5, wherein the controlling comprises keeping the second portion at a temperature of between about 15° Celsius and about 95° Celsius.
- 7. The method of claim 6, wherein the keeping comprises keeping the second portion at a temperature of between about 25° Celsius and about 60° Celsius.
- 8. The method of claim 5, further comprising at least partially thermally isolating the first portion from the second portion.
  - 9. The method of claim 8, wherein the at least partially thermally isolating comprises locating at least one air gap between the first portion and the second portion.
  - 10. The method of claim 4, wherein the reducing comprises coating the at least a portion of the exiting channel with a friction-reducing substance.
  - 11. The method of claim 10, wherein the coating comprises coating the at least a portion of the exiting channel with titanium nitride.
  - 12. The method of claim 10, wherein the coating comprises coating the at least a portion of the exiting channel with tungsten carbon carbide.
  - 13. The method of claim 10, wherein the coating comprises coating the at least a portion of the exiting channel with a composite comprising nickel and one of tetrafluoroethylene fluorocarbon polymer and fluorinated ethylene-propylene.
  - 14. The method of claim 1, wherein selecting the at least one blowing agent comprises selecting from among carbon dioxide, nitrogen and argon.

- 15. The method of claim 1, wherein the extruding comprises extruding polymer foam from the mixture having a specific gravity of between about 0.05 g/cc and about 0.15 g/cc and an average cell diameter of about 0.05 mm to about 1 mm.
- 16. The method of claim 15, wherein the extruding comprises extruding polymer foam sheet from the mixture having a thickness of between about 0.75 mm and about 6 mm.
- 17. The method of claim 16, wherein the extruding comprises extruding polymer foam sheet from the mixture having less than about 5% gauge variation across a width thereof.

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- 18. An annular die for producing polymer foam, comprising an exiting channel having an exit with a cross-sectional area larger than at least one point within the exiting channel.
- 19. The annular die of claim 18, wherein the cross-sectional area of the exit is at least about twice as large as that of the at least one point.
  - 20. The annular die of claim 18, wherein an exit angle of foam sheet produced with the annular die is between 0° and about 90°.
  - 21. The annular die of claim 18, wherein the exiting channel comprises a first portion from an entrance to a point having a smallest cross-sectional area and a second portion from the point having a smallest cross-sectional area to the exit.
  - 22. The annular die of claim 21, further comprising a thermal break between the first portion and the second portion.
  - 23. The annular die of claim 22, wherein the thermal break comprises at least one air gap.
  - 24. The annular die of claim 21, wherein the first portion and the second portion are integrated.
    - 25. The annular die of claim 21, wherein the second portion is coupled to the first portion.
  - 26. The annular die of claim 18, further comprising a friction-reducing coating on at least a portion of an inner surface of the exiting channel.

- 27. The annular die of claim 26, wherein the friction-reducing coating comprises titanium nitride.
- 28. The annular die of claim 26, wherein the friction-reducing coating comprises tungsten carbon carbide.
- 29. The annular die of claim 26, wherein the friction-reducing coating comprises a composite comprising nickel and one of tetrafluoroethylene fluorocarbon polymer and fluorinated ethylene-propylene.
- 30. The annular die of claim 18, wherein a transition angle is between about 15° and about 180°.

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31. A system for producing polymer foam, comprising:

an annular die for producing polymer foam, comprising an exiting channel having an exit with a cross-sectional area larger than a point within the exiting channel having a smallest cross-sectional area, wherein the exiting channel comprises a first portion from an entrance to the point and a second portion from the point to the exit; and

means for temperature regulating the second portion.

- 32. The system of claim 31, wherein the means for temperature regulating the second portion comprises at least one channel in the annular die for circulating a liquid.
- 33. The system of claim 31, wherein the cross-sectional area of the exit is at least about twice as large as that of the point.
- 34. The system of claim 31, wherein an exit angle for the annular die is between about 0° and about 90°.
- 35. The system of claim 31, further comprising a thermal break between the first portion and the second portion.
  - 36. The system of claim 35, wherein the thermal break comprises at least one air gap.
  - 37. The system of claim 31, wherein the first portion and the second portion are integrated.

- 38. The system of claim 31, wherein the second portion is coupled to the first portion.
- 39. The system of claim 31, further comprising a friction-reducing coating on at least a portion of an inner surface of the exiting channel.
- 5 40. The system of claim 39, wherein the friction-reducing coating comprises titanium nitride.
  - 41. The system of claim 39, wherein the friction-reducing coating comprises tungsten carbon carbide.
  - 42. The system of claim 39, wherein the friction-reducing coating comprises a composite comprising nickel and one of tetrafluoroethylene fluorocarbon polymer and fluorinated ethylene-propylene.
  - 43. The system of claim 31, wherein a transition angle for the annular die is between about 15° and about 180°.